



Alive At 25[®] Driver's Awareness Course

Alive at 25 is a 4 hour driver's awareness course designed by the *National Safety Council* for young drivers ages 15-24 which includes:



Defensive driving classroom curriculum

Gain awareness and develop strategies to keep safe on the road.



Decision-making and responsibility-taking

Learn through interactive media, workbook exercises, role-playing, and class discussions.



Available nationwide

Chances are, there is an agency providing training with the Alive at 25.

What is the ALIVE AT 25 Curriculum?

Although the National Safety Council-designed Alive at 25 curriculum is consistently the same throughout the nation, each state has its own Program which administers Alive at 25. Law enforcement agencies in each of these states are collaborating to provide a network of programs to reach a wider audience.

Why do we need Alive at 25?

Traffic crashes are the leading cause of teen fatalities, accounting for 44% of teen deaths in the U.S.

- Young drivers are involved in fatal crashes at more than twice the rate of all others
- The first year for a newly licensed teenage driver is the most dangerous, with more than one in five involved in crashes
- Each year nearly 6,000 teens are killed in vehicular accidents; more than 3,800 are drivers aged 15-20
- Annually, more than 326,000 young drivers are seriously injured
- 116 young drivers were killed in Colorado in 2007; 86 (74%) were not wearing safety belts; 56 of these were ejected from the vehicle
- More than half the deaths occurred between Friday and Sunday; 41% occurred between 9:00pm and 6:00am
- Exceeding the posted speed limit or driving at an unsafe speed is the most common error in fatal teenage accidents
- More than 1,000 young drivers lose their lives each year in crashes because of an impaired driver, be it themselves or someone else
- Although this group represents about 7% of the nations' licensed drivers, they are involved in nearly 15% of all fatal crashes

Research shows the leading cause of young driver accidents involve one or a combination of the following factors:

- Lack of awareness to the consequences of risk-taking behavior
- Inexperience with complexities of driving
- Peers in vehicle with the youthful driver
- Driving as a social activity
- Impaired driving due to road conditions, including driving at night
- Speeding
- Driving under the influence of alcohol or drugs
- As a young driver or passenger, you can greatly reduce your risk by taking control of the situation. Committing to learning or changing your driving behavior makes personal, legal and financial sense.

What happens during Alive At 25 Courses?

Vehicle crashes are the #1 cause of death for people between the ages of 16 and 24. The National Safety Council, a leader in driver improvement training for more than 40 years, developed DDC-Alive at 25 to specifically target drivers in this age group. Since 1995, more than 400,000 young adults have learned life-saving defensive driving skills through DDC-Alive at 25.

In a study conducted by the Colorado State Patrol in 2003, of 1000 random Alive at 25 graduates (500 voluntary and 500 court ordered), 89% of the respondents indicated they believed they would be a safer driver as a result of taking the class and, 92% of the respondents identified that they believed the class helped them improve their driving knowledge and skills. Please remember, half of the respondents did not want to be there and were court ordered, traffic violators.

Courts and schools nationwide use DDC-Alive at 25 in their graduated license and violator programs. This highly interactive program encourages young drivers between the ages of 16 and 24 to take responsibility for their driving behavior. Skill practices and on-the-spot defensive driving techniques help change bravado to confidence.

Our DDC-Alive at 25 instructors use personal examples and even humor to get their point across. They use workbook exercises, interactive media segments, group discussions, role-playing, and short lectures to help young drivers develop convictions and strategies that will keep them safer on the road.

DDC-Alive at 25 teaches young adults that:

- People in their age group are more likely to be hurt or killed in a vehicle crash.
- Inexperience, distractions, and peer pressure cause unique driving hazards.
- Speeding, alcohol, and "party drugs" greatly increase their risk of injury or death.
- As a driver or passenger, they can greatly reduce their risk by taking control.
- Committing to changing their driving behavior makes personal, legal and financial sense.

Is this a driver education course?

Alive at 25 is a 4 hour driver's awareness program, which is different from driver's education. This course is not a behind the wheel driving course. Alive at 25 is designed to teach young drivers to be aware of many of the typical driving hazards facing young motorists.

Where can I find driver education courses?

You can find driver education courses in your area by searching on the Internet, looking in the yellow pages, or contacting your local DMV. We are unable to make recommendations about specific courses.

Who can take the course?

Anyone between the ages of 15-24 is welcome to take the course. You do not have to have a learner's permit or a driver's license.

What happens during the course?

The course provides important information about the dangers facing young motorists and how to remain safe on the road. The course is 4 hours long, takes place in an interactive classroom setting, and includes instructional videos and class discussion. You will receive a certificate of course completion at the end of the course. If you are court ordered to attend the class, it is your responsibility to report your completion to the court directly.

The Cost/Dates of the Course:

The City of Bellevue offers one class each month.

- Classes are held the first Wednesday of each month, from 1:00 to 5:00 p.m. The cost is \$75.00.

Will this course reduce my insurance rates?

It depends on your insurance provider. Please contact them directly to see if completion of the course provides any benefits.

This information was taken from the Alive @ 25 Website and modified specific to the City of Bellevue course:

<http://aliveat25.us/>